

# HEALTH

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## Remember That Goal for 2005? It's Time to Spring Into Action

Did you resolve to change a health behavior this New Year's but you haven't quite gotten around to it yet? Don't be discouraged New Year's isn't the only time to begin incorporating healthy lifestyle changes. If you feel you've already got the basics covered such as eating more healthfully, stopping tobacco use and getting more physically active you might consider some new or distinctive health strategies.

### 1. Choose fiber, not sugar

Choose bread, cereal and pasta products made entirely or predominantly from whole grains. Check the labels on wheat bread and choose loaves that are either 100 percent whole-wheat or have at least 3 grams of fiber per slice. If you drink sugared soft drinks, reduce your intake to no more than one can a day. A 12-ounce can contains as much as 12 teaspoons of sugar.

### 2. Perform routine maintenance

Choose to follow a healthier lifestyle. Making small changes to your diet, for instance, can have a major impact on your health. Small changes are easier to stick with than are dramatic, sudden swings. Quit or cut down on things known to adversely affect your health, such as smoking or alcohol consumption. Schedule the proper screening tests for your age, sex and level of risk.

### 3. Take short exercise breaks

Make a commitment to take 10 minutes to do something good for yourself every day. It can be as simple as a 10-minute walk around the neighborhood or your workplace. The best approach is to make a pact with a family member, friend or co-worker to make sure you get at least 10 minutes of physical activity as a break from the all-too-common sedentary lifestyle such as computer use.

### 4. Think 'activity,' not 'exercise'

"Exercise" is seen by some as boring, planned, repetitive and rigid. "Activity" on the other hand, is anything that gets you moving. It can be a walk through your neighborhood, gardening, using the stairs or parking farther away from your destination. All physical activity adds up.

### 5. Keeping your resolution

- **Put it in writing.** Write a list of all the benefits of your New Year's resolution, and then put it where you'll see it every day.
- **Tell someone else about your goals.** This helps you make a commitment.
- **Plan ahead.** Think of a contingency plan to battle temptation. Perhaps you could take a walk instead of having a doughnut or a smoke.
- **Take baby steps.** Don't set your goals too high, and remember to take it one day at a time. Small steps can lead to big change.

